**Internet Sites:**

1. [**All About the Caribbean**](http://www.sheppardsoftware.com/carribean_GL_Click.html)

This site provides three levels of games based on the capital sand countries in the

Caribbean. It introduces the Caribbean through the use of games and technology. On

Level L, you click the country on the left, the program highlights the country, labels

it, and provides information about the island on the bottom left.

1. [**All the Sea**](http://www.allthesea.com/Caribbean-Sea.html)

The sea is a major part of life in the Caribbean. It is used for transportation, recreation,

food, research, and more. This is a kid-friendly site that provides information about

specific seas and animals.

1. [**Jamaicans**](http://www.jamaicans.com/childsguide/eating.shtml)

Jamaicans has a children's portion to the website that provides basic information. This

page provides an example of breakfast, lunch, and dinner using traditional terms with

links to easy-to-follow recipes for the island food.